POEM "RUANG HIJAU" BY NATASHA RIZKY AND EMOTIONAL EXPRESSION: THE PSYCHOLOGY OF LITERATURE STUDY

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Abstract
Poetry is one of the literary works whose emotional expression is sometimes difficult to understand. The purpose of this study is to investigate the expression of emotion and its meaning in the poem "Ruang Hijau" by Natasha Rizky. This research implements a descriptive-qualitative paradigm type. Data was obtained from a book entitled "Kamu Tidak Istimewa." This book was written by Natasha Rizky herself. Published by Elex Media Komputindo. The data was obtained by copying and documenting it in a research draft. The process of data analysis in this study involves analysis involving data texts and in-depth analysis of each data text, followed by status analysis. The data text of the book was carefully read line by line to find the essence of each narrative by numbering each line. The results show that this poem contains only two emotional expressions, namely the emotional expressions of sadness and fear. While the expressions of joy, courage, and anger are not found in the poem, Expressions of sadness mean that sadness, pain, and fatigue are experienced. Expressions of fear mean weakness in the face of pressure, while the narrative of struggle symbolizes her hope for help. It also has the meaning of loneliness and longing for help from others.

Keywords: poem, Natasya Rizky, Ruang Hijau, emotional expression, psychology of literature

INTRODUCTION

Poetry is one of the literary works whose emotional expression is sometimes difficult to understand (Ahmad et al., 2020; Carvalho et al., 2021; Iida & Chamcharatsri, 2022; Misbah, 2019; Mus, 2024; Simecek, 2019; Sreeja & Mahalakshmi, 2020). This is due to the language style used to convey and express emotions in the work (Cristina, 2024; Du et al., 2022; Fairuz et al., 2022; Herbert, 2020; Israelashvili & Fischer, 2022; Kragness & Trainor, 2019; Matsumoto, 2021; Micallef Grimaud & Eerola, 2022; Munidar, 2024; Olsen, 2019; Spernes & Ruto-Korir, 2021; Yu et al., 2021). Literature or poetry writers often imply deep meaning and a philosophy of life (Balinisteanu, 2022; Lehmann & Brinkmann, 2021; Randall, 2010; Simecek, 2022; Urbas, 2021; Wahab et al., 2019). Such as the selection of a dramatic flow of work until the reader becomes one with the work (Ghilaş, 2023; Medina et al., 2021; Schmid, 2019; Tavory, 2019; Thissen et al., 2022). The choice of words that triggers the imagination of the readers so that the readers unconsciously visualize the work themselves in their imagination (Gambino & Pulvirenti, 2021; Peacocke, 2021). Emotional expressions that are highlighted can provide a sensation of emotions for readers (Scarantino et al., 2022). One example of her work is a poem entitled "Ruang Hijau" by Natasha Rizky. Based on these things, it can be understood that the study of emotional

expression in literary works is very important. Especially in poetry, this is needed to reveal the meaning of emotional expression in depth.

The perspective of the development of literary works and their specialization for society, from the perspective of the development of literary works, this study can provide important ideas or information for advancing the quality and inspiration of literary works for writers and literary critics (Breitenwischer et al., 2021; Koolen et al., 2020; Motawe et al., 2021). Meanwhile, from the perspective of the interest in literary works for the community, the information contained in this study will illustrate the meaning related to the expression of emotions that are implied and sometimes cannot be understood perfectly by ordinary readers (Audichya & R., 2021; Döring, 2019; Keltner et al., 2019). In addition, these illustrations can encourage the advancement of public interest in enjoying literary works (Chatterjee et al., 2019). Therefore, it can be concluded that this study can contribute to two aspects, namely the development of literary works and their specialization. Thus, this proposal is important to study. For the development of literary works and their specialization for the general public.

Understanding and nationalizing stress levels in society requires a close examination of emotions through poetry (Delamerced et al., 2021). Deeper understandings of the stress levels that people and communities face can be gained by studying and comprehending emotions via poetry (D. Wang et al., 2020). Poetry will be used as a tool by the researcher in this study to identify and examine the feelings that the community is expressing (Moore, 2020). The investigator intends to engage individuals of many backgrounds and ages in order to obtain a full understanding of emotions throughout the community (Volynets et al., 2020). To further our understanding of the connection between emotions and poetry, the researcher will analyze theories and concepts in the field of emotional psychology (Iida & Chamcharatsri, 2022).

Repressed emotions are not good because they can lead to stress and illness (Settineri et al., 2019). Effectively channeling and regulating emotions is a critical first step in reducing stress and its detrimental effects on health (Langer et al., 2021). Controlling our emotions can also support us in keeping positive connections with people around us (Sahi et al., 2023). Recognizing and being open about one's feelings with other people is one method of managing emotions (Alzoubi & Aziz, 2021). Additionally, managing emotions can be aided by finding stress-relieving activities, such as hobbies, exercise, or meditation (Tang et al., 2022). An individual might also benefit from social support when managing difficult emotions (Canedo-García & García-Sánchez, 2022). We may foster a more supportive atmosphere for our mental and physical health by effectively controlling our emotions (Kraiss et al., 2020). Poetry can also be used for this. Being able to communicate our emotions creatively can also us in feeling better about and managing our emotions (Y. Wang et al., 2021). Poetry is a powerful medium for expressing emotions. Poetry allows us to communicate emotions that are hard to put into words (Carvalho et al., 2021). In order to better control our emotions, this might assist us in accepting and understanding the feelings that surface. That's why poetry studies need to be done, because after all, as one of the language arts, poetry still contains the meaning of 'dulce' et 'uti;e' which provides pleasure as well as benefit (Townshend, 2020).

Emotional expression

Literary works that are born and developed in the life of society can be a connection or link that is psychological for each human or individual (Castano et al., 2021; Potanina & Tenyushev, 2021; Váňa, 2020, 2021; Z.H., 2021), and vice versa. Humans have a psychological relationship with literary works (Quinlan et al., 2023). This is because literary works and psychological factors influence each other (McLean et al., 2020). So that both have a mutual impact on various problems and events that occur in society (Tian & Wang, 2019). Based on the perspective of literary psychology, a quality literary work is one that

can illustrate the dynamics of human emotional problems (Sopcak, 2023). All of these things are reflected in the traditional expression of emotions in literary works (Kolyadko, 2019). Therefore, literary works are also born and develop in society and become a psychological link for humans (Hogan, 2020).

The study of literary psychology relies heavily on phenomena or things that encourage a person to experience the process of psychological change, such as emotions (Mendelman, 2021). Expressions of joy, sadness, courage, fear, and anger are often perceived as very basic emotions (Happy et al., 2019). A person's emotional state can trigger the formation of feelings associated with actions that lead to tension or fear (Meng et al., 2020). Classifying emotions by cause can include the concepts of guilt, self-punishment, shame, love, sadness, and hatred (Bălan et al., 2019).

Based on the theory proposed by David Krech, the classification of emotional expressions in a literary work can be done based on the approach of literary psychology. This classification is used to categorize the emotions contained in the text of literary works. Emotion classification is also able to illustrate feelings, meanings, writers, events and so on. By knowing the category of emotions from the classification, we can also know the meaning of each expression of emotion. Thus, the meaning process can also be carried out by researchers on the literary work (Ameer et al., 2022).

The poem entitled "Ruang Hijau" by Natasha Rizky is still newly published. Research that makes this poem the object of study has not been found, or, in other words, does not exist. In addition, this poem has also become a topic of conversation on Indonesian social media. So, it can be ascertained that this study is very real and new. Since there is no previous research related to this poem, the gap related to the theoretical aspects is also still large. So that the gap can be filled with various studies. One of them is this research.

The literary work used in this research is a new work that has not been researched by any party. The work already exists and is popular in the community. So, this is important to study. The study of this new work is a significant novelty that has an impact on the world of literary studies and the general public. Thus, this research can be said to have excellent novelty.

The purpose of this study is to investigate the expression of emotion and its meaning in the poem "Ruang Hijau" by Natasha Rizky. What are the expressions of emotion in the poem entitled "Ruang Hijau" by Natasha Rizky? And what is the meaning contained in each expression of emotion in the poem entitled "Ruang Hijau" by Natasha Rizky?

METHOD

A descriptive qualitative method was employed in the study of Natasha Rizky's poetry "Ruang Hijau" (2024), published by Elex Media Komputindo, to examine the meaning and emotional expression of the poem. Using a literary psychology method, the researcher concentrated on the specifics of the poem's discourse of signs, symbols, and metaphors. The analysis is informed, and the meaning of the emotional expressions is discussed by the theoretical framework, which is a literary psychology perspective unique to emotional expressions.

The investigation of Natasha Rizky's "Ruang Hijau" poetry (2024) provided primary data for this work. Secondary data was gathered from a number of sources, including media and internet resources like poetry reviews and critiques, as well as relevant literature including books, journal articles, and works. In order to do the analysis, the poem and relevant literature were read, the features portrayed were sorted and classified, discourse analysis was used, and emotional expression was interpreted.

Researchers looked at the author's past, her life experiences, and the context of her emotional reactions to produce a thorough analysis. Particularly with regard to emotions, the social and cultural perspectives on this issue are considered. After gathering the necessary data, the poem was examined from a literary psychology standpoint in an effort to close the research gap in previous studies. To further clarify the meaning of these

expressions in this study, the researcher additionally looked at the emotional expressions found in the poem (Levina, 2021).

Overall, this study offers a thorough analysis of emotional expressions and their meanings from the standpoint of literary psychology by fusing quantitative analysis with literary psychology (Holodynski & Seeger, 2019).

FINDINGS AND DISCUSSION
Findings

After conducting an in-depth analysis of the poem entitled "Ruang Hijau" by Natasha Rizky, we found that there are only two expressions of emotion in this poem, namely expressions of sadness and fear. While expressions of joy, courage, and anger are not found in the poem, Expressions of sadness mean that sadness, pain, and fatigue are experienced. Expressions of fear mean weakness in the face of pressure, while the narrative of struggle symbolizes her hope for help. It also has the meaning of loneliness and longing for help from others.

Table 1. Emotion Expression

No	Poem Excerpt	Emotion Category
1	"Keringat halus berjatuhan, tetapi seperti enggan untuk tampil. Malu karena tak ingin terlihat hancur." *"Fine sweat was falling, but it was like I was reluctant to perform. Embarrassed because I didn't want to look broken."*	Sadness
2	"Belum lagi air mata meringis kecil kesakitan. Disangka kering, ternyata tidak kokoh bendungannya." *"Not to mention the small tears of pain. Thought to be dry, it turns out that the dam is not strong."*	Sadness
3	"Tubuhku gontai terambau cedera yang jelas." *"My body is reeling from an obvious injury."*	Sadness
4	"Entah itu kontradiksi, tetapi hatiku hendak berangkat." *"I don't know if it's a contradiction, but my heart is about to leave."*	Fear
5	"Menduduki kursi yang membuat kedinginan." *"Sitting on a chair that makes you cold."*	Fear

Table 2. Emotional Expression Meaning

No	Poem Excerpt	Meaning
1	"Keringat halus berjatuhan, tetapi seperti enggan untuk tampil. Malu karena tak ingin terlihat hancur." *"Fine sweat was falling, but it was like I was reluctant to perform. Embarrassed because I didn't want to look broken."*	This sentence shows the shame and sadness of feeling weak and not wanting to appear broken.
2	"Belum lagi air mata meringis kecil kesakitan. Disangka kering, ternyata tidak kokoh bendungannya." *"Not to mention the small tears of pain. Thought to be dry, it turns out that the dam is not strong."*	This sentence shows restrained pain and sadness.
3	"Tubuhku gontai terambau cedera yang jelas." *"My body is reeling from an obvious injury."*	This sentence shows weakness and hurt.
4	"Entah itu kontradiksi, tetapi hatiku hendak berangkat." *"I don't know if it's a contradiction, but my heart is about to leave."*	This sentence shows a sense of doubt and perhaps fear of what is to come.
5	"Menduduki kursi yang membuat kedinginan." *"Sitting on a chair that makes you cold."*	This sentence shows a sense of discomfort and perhaps sadness of being frightened by the situation at hand.

Discussion
Emotion Expression
According to the textual analysis of the poem's content, the author is feeling a wide range of complicated emotions, chief among them being dread and melancholy. An extensive study is provided below: "Sweat appears to be falling but is hesitant to show." embarrassed not to want to appear damaged (Ahmad et al., 2020). This statement conveys a profound, unspoken melancholy. Despite her best efforts, the writer's fine sweat is an indication that she is unable to control her grief. The use of the word "embarrassed" conveys a sense of weakness and a desire to appear strong in front of readers (d'Abreu et al., 2021). Not to mention the few hurtful tears. It comes out that the dam, which was believed to be dry, is weak." The image of profound melancholy is strengthened by this sentence. A huge degree of pain is evident in the wailing tears. The phrase "not firm" indicates that the strength has given way and the term "dam" represents the ability to hold back the tears (Peng & Jung, 2021). "My body staggers with obvious injuries." This statement conveys both mental and bodily grief. The body's stagger represents weariness and agony, while the "obvious injury" represents a severe cardiac ailment. "I don't know if it's a contradiction, but my heart is about to depart." This statement demonstrates reluctance and worry. The author is frightened to leave the situation that is making him sad, even though he wants to (Lambrecht, 2022). The phrase "contradiction" conveys the writer's sense of uncertainty and bewilderment. "Sitting on a chair that makes you cold." This statement conveys uneasiness and worry. The word "sitting" implies that the writer is compelled to be in that setting, while the frigid chair represents solitude and quiet (Iida & Chamcharatsri, 2022). The text's emotional expression data reveals that the author is deeply afraid and depressed. Her fear stems from something that makes her feel unsafe and uneasy, and her grief stems from profound hurt. Although the writer makes an effort to suppress her emotions, she is unable to completely control them (Iida & Chamcharatsri, 2022).

The author's feelings are complexly depicted in this poem, particularly her intense anguish and terror. Grinning and trembling are indicators of a secret sorrow that is exacerbated by a broken heart and a trembling body. The author is stuck in an incomprehensible circumstance that makes her feel uneasy and afraid, and she is tormented by confusion and indecision. The author tries not to show her emotions, but she is unable to completely control them. This poem provides us with a glimpse into the intricacy of human emotions and illustrates how bewilderment and despair may eat away at a person's spirit (Scarantino et al., 2022).

Emotional Expression Meaning
This short poem presents a picture of an individual plagued by complex emotions (Ahmad et al., 2020). Behind the beautiful lines lies an inner turmoil filled with shame, sadness, pain, doubt, and fear. Here's the full explanation: Shame and the Sadness of Weakness The first line of the poem, "Fine sweat falls, but seems reluctant to show. Ashamed of not wanting to look broken" presents a picture of an individual trying to hide his weakness. Fine sweat symbolizes nervousness or anxiety, but the individual is trying to keep it from showing(Ahmad et al., 2020). This shows the shame and sadness of feeling weak and not wanting to appear broken in front of others. Suppressed Pain and sadness The second line is, "Not to mention the small tears of pain. Thought to be dry, it turns out that the dam is not strong," depicts the pain and sadness that are held back. The small tears indicate deep pain, but the individual is trying to hold it back so that it cannot be seen (Sreeja & Mahalakshmi, 2020). The metaphor of an unstable "dam" suggests that the suppressed emotions are beginning to overflow, despite the individual's best efforts to contain them. Weakness and Woundedness The third line, "My body staggers with an obvious injury," describes a sense of weakness and woundedness. The word "gontai" indicates a helpless body, while "terambau obvious injury" indicates the physical and emotional wounds that the individual has suffered. Doubt and fear of the future the fourth line, "Whether it's a

contradiction, but my heart is about to depart," presents doubt and fear of the future. The word "contradiction" suggests confusion and uncertainty, while "my heart is about to depart" suggests a desire to leave, to escape a difficult situation (Peng & Jung, 2021). However, doubt and fear hold her back from moving forward. Discomfort and fear the last line, "Sitting on a cold chair," depicts a sense of discomfort and fear. A cold chair symbolizes a situation that is hostile and filled with uncertainty. Sitting on the chair suggests that the individual is trapped in a difficult situation and cannot escape. The poem as a whole depicts the inner turmoil of an individual beset by a range of complex emotions. Shame, sadness, pain, doubt, and fear are intertwined within the individual (Hipson, 2019). The poetic language and word choice succeed in presenting a vivid picture that touches the reader's heart. This poem can also be seen as a reflection of the human condition in general. Everyone has moments in life where they feel shame, sadness, pain, doubt, and fear. This poem reminds us that we are not alone in feeling these emotions and that it is important to learn how to deal with them in a healthy way (Juslin et al., 2021).

The poem presents a picture of an individual who is plagued by a range of complex emotions, such as shame, sadness, pain, doubt, and fear. The individual tries to hide his weakness and endure his pain, but the pent-up emotions begin to overflow. A feeling of weakness and hurt sets in, along with doubt and fear for the future (Li, 2022). Trapped in an uncomfortable and uncertain situation, the individual can only feel the coldness of the chair he is sitting on. This poem is a reflection of the human condition, which is faced with a range of complex emotions. Everyone has moments in life where they feel the same way. This poem reminds us that we are not alone and that it is important to learn how to deal with these emotions in a healthy way (Carvalho et al., 2021).

Research Significance
This study can contribute to two aspects, namely the development of literature and its specialization. Thus, this study is important to study. For the development of literature and its specialization for the general public.

CONCLUSION
The poem expresses the complex emotions that one experiences, such as sadness, fear, shame, and doubt. These emotions are depicted through various symbols and metaphors, such as fine sweat, tears, a shaky body, a cold chair, and a heart that wants to leave. The poem invites the reader to explore the complexity of human emotions and how they can affect the way we view the world.

Based on the analysis and conclusions above, here are some suggestions for understanding and dealing with complex emotions: acknowledge and accept emotions. The first thing that needs to be done is to acknowledge and accept that you are experiencing various emotions. Denying or suppressing emotions will only make things worse. Identify the source of the emotion and try to figure out what triggers it. Are there certain situations or events that make us feel sad, scared, embarrassed, or hesitant? Express emotions in healthy ways. There are many healthy ways to express emotions, such as talking to people we trust, writing a journal, exercising, or doing creative activities. Seek professional help. If we feel overwhelmed by emotions, don't hesitate to seek professional help from a psychologist or therapist. It is important to remember that everyone experiences emotions in different ways. There is no right or wrong way to feel emotions. What matters is that we find healthy ways to understand and manage our emotions.

Based on the research on the expression of emotion and its meaning in the poem "Ruang Hijau" by Natasha Rizky, here are some recommendations for further research: Comparative Analysis of Emotional Expressions in Different Poems: Do a comparison of emotional expressions in the poem "Ruang Hijau" with other poems by Natasha Rizky or poems by other poets with similar themes. This can help understand how Natasha Rizky

expresses emotions in her work compared to other poets. This research can use comparative qualitative methods to analyze and compare the poems. The Effect of Emotional Expression on Reader Reception examines how the expression of emotion in the poem "Ruang Hijau" affects readers. Conduct experimental or survey research to measure readers' emotional responses to the poem. This research can help understand how poetry can evoke emotions and influence readers. Analyze the symbolic meanings in the poem and explore the symbolic meanings used in the poem "Ruang Hijau." Analyze how the symbols contribute to the overall meaning and interpretation of the poem. This research can use semiotic qualitative methods to analyze the meaning of the symbols in the poem. The Influence of the Poet's Background on the Expression of Emotion in Poetry examines how Natasha Rizky's background influences the expression of emotion in her poetry. Conduct biographical research to learn about Natasha Rizky's life and experiences and how they relate to the poem "Ruang Hijau." This research can help understand how a poet's life experiences can influence her work. Analyze the reception of the poem "Green Room" among the public and examine how the poem "Green Room" is received by the public. Conduct surveys or interviews with readers to find out what they think about the poem. This research can help us understand how poetry is received and interpreted by the public. The above studies are expected to provide a deeper understanding of the poem "Ruang Hijau" and Natasha Rizky's work as a whole. In addition, this research can also contribute to the fields of literary studies, psychology, and other social sciences.

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